

# Gratitude Journal

## An Attitude of Gratitude

I, \_\_\_\_\_, commit to filling this journal daily with three things I am thankful for. This is my way of shaping my perspective, choosing contentment, and filling the world with good vibes, one day at a time.

### Track Your Self-Care Habits

- Quieted my mind with three deep breaths
- Wrote three things I'm grateful for
- Had 7 to 8 hours sleep
- Nurtured my body with nutritious food
- Set boundaries, said no when needed
- Spent time in nature
- Drank 8 glasses of water
- Exercised for 30 minutes
- Talked with friends
- Saw a therapist
- Spent time with loved ones
- Took a break from technology
- Took notice of my thoughts, attitudes, beliefs and feelings
- Tried something new
- I took action on something I have been avoiding
- Rested when I needed to
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# Gratitude Log

Date	Three Things I'm Grateful For	Food For Thought	Today's Note to Self
SUN	<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>	In life, it's not about speed but direction.	I'm where I should be. I am enough!
MON	<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>	Some paths are created as we go.	
TUE	<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>	Even when the skies are gray, my colors will still shine.	Today will be great!
WED	<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>	My life is as good as my mindset.	
THUR	<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>	I honor my space by setting healthy boundaries.	
FRI	<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>	I cultivate my growth by embracing new challenges.	I am thankful for my struggle because, without it, I wouldn't have stumbled across my strength.
SAT	<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>	I know only one thing: "I am getting there."	

*The road ahead has wonderful things in store for me.*



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